



# ADULT FITNESS

## VIENNA FITNESSAGE CHALLENGE

Ages: 25 – 55

**Instructors:** John Mays and Nathan Greiner (certified personal trainers)

The time to get fit is now, according to the Center for Disease Control, 65% of American adults are overweight or obese. Don't be a statistic, instead try out this comprehensive group fitness program for men and women aged 25 – 55! This program is designed to promote community fitness goals and give participants all of the benefits of individualized personal training combined with the motivational support of group training. This program will include complete FitnessAge© assessments to determine beginning data and chart your progress in the areas of strength, flexibility, bodyfat levels, and cardio performance. Weight training, dietary planning, cardiovascular training, and flexibility training will be used, and Presidential Active Lifestyle awards will be presented for healthy lifestyle changes!

*November 20 – December 15 (No class November 24)*

**333429 A1** – M/W/F - 6:00 a.m. – 7:00 a.m.

*January 8 – February 2*

**333429 B1** – M/W/F - 6:00 a.m. – 7:00 a.m.

*February 12 – March 9 (No class February 19)*

**333429 C1** – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$169

## WOMEN'S WINTER RUNNING CLUB

Ages: 16 and up

**Instructors:** Certified ConnectMove Transform Coaches

Commit to running consistently this coming year and let our running club help you reach your goal! This casual running club meets twice a week to run 3 miles and features runners with a variety of skill levels and paces. It is a non-competitive, recreational club for women that offers great rewards in terms of fun, friendship, and improved fitness. Not sure a running club is for you? Feel free to join us any Tuesday or Thursday to give it a try before you register and the new session begins. Also, to inquire about special rates available with our annual running club membership, please call 703-938-7458.

Must bring water bottle and wear a good pair of *running* shoes. Meet near the front door to the Community Center, next to the bike path. Sessions also held in light to moderate rain.

*January 2 – March 22*

**333704 A1** - T/TH - 5:45a.m. – 6:45a.m.

Fee: R \$175 / NR \$192 – Twelve weeks



## INDOOR TENNIS EVERYONE!



Location: Vienna Community Center Gymnasium

Looking for an affordable way to improve your tennis this winter? In their supportive, fun, and friendly style, USPTA certified instructors Gregg Deinhart and Stephan Schlagenhauff will teach the fundamentals of tennis in a gym setting. Co-owners of the FirstServe Tennis Academy (FSTA), Gregg and Stephan provide year round instruction for the Town of Vienna tennis program. The indoor program is a great way to keep skills sharp or to get a head start on next spring. Adult, youth and tot classes will be offered.

Even if you\*Contact FirstServe Tennis Academy for advice on purchasing an appropriate racket.\*

FirstServe Tennis Academy 571-217-1684 / 703-867-1970

info@tenniseveryone.net

www.tenniseveryone.net

Even if you have never played before, haven't picked up a racket in years, or are hampered by a pesky problem that keeps you from improving, you are just a few hours of FSTA instruction away from developing a lifelong love of tennis.

### ADULT CLASSES

#### Adult Rallyball One

*Learn the fundamentals of your strokes using fun, foam rallyballs*

*January 10 – February 7*

**334040 A1** – W - 2:00 p.m. – 3:00 p.m.

#### Adult Rallyball Two

*Develop stronger, more reliable strokes using fun, foam rallyballs*

**334040 B1** – W - 3:00 p.m. – 4:00 p.m.

Fee: R \$99 / NR \$114 – Five classes

# ADULT SPORTS/LEAGUES



## ADULT SPORT LEAGUES

### VIENNA MEN'S SOFTBALL LEAGUE

Weeknights

Ages: 18 and up

The Vienna Parks and Recreation Department is accepting registration for the 2007 Vienna Men's Softball League. **A temporary roster and \$100 non-refundable deposit will be required at the time of registration. Registration will be accepted on a first come first serve basis. The registration deadline is February 23rd. A mandatory league organizational meeting including all coaches/managers will be held on Tuesday February 27th @ 7:30pm.** League play will begin on Monday, April 9th, and all games will be played at Southside Park in Vienna. For a league information package, please contact Keith Fees at 703-255-6352 or email [fees@ci.vienna.va.us](mailto:fees@ci.vienna.va.us)  
**333081 A1 – Men's Softball League**

### SPRING COED SOFTBALL LEAGUE

Sundays

Ages: 18 and up

The Vienna Parks and Recreation Department will accept registration for the spring coed softball league. A temporary roster and \$400 team fee will be required at registration. Registration will be accepted on a first come first serve basis. League is limited to 12 teams. All games will be played on Sundays starting at 10:00am at Southside Park. Fees cover 10 regular season games (double-headers) umpires, two softballs per game, awards and post season play. Games will begin play April 22. For a league package please call Keith at 703-255-6352.

**333080 A1 – Co-ed Softball League**



Ages: 18 and up

**Basketball** – Mondays and Wednesdays – 8:30 p.m. – 10:30 p.m.

**Volleyball** – Tuesdays and Thursdays – 8:30 p.m. – 10:30 p.m.

**Table Tennis** – Tuesdays and Thursdays – 8:30 p.m. – 10:30 p.m.

**\$3 for out of town residents**, gym may be closed for special events.



### ADULT DROP IN PROGRAMS

### YOUTH OPEN GYM

Ages: 17 and under

*November and December*

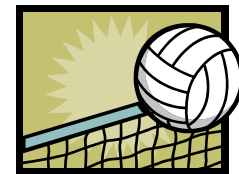
M/W/F – 1:00pm – 5:00pm

Gym closed: November 3, 10, 15, 17, 22 and 24

*January and February*

M/W/F – 1:00pm – 5:00pm

Gym closed: January 8, 10, 17, 22, 24, 26, 29, 31, February 5, 7, 12, 21, and 23



Adult Sports/Leagues